

# The KITCHEN CABINET

The chief reason that everybody is not successful is the fact that they have not enough persistency. Do one thing well, throwing all your energies into it. The successful man, unlike the poet, is made, not born.—John Wanamaker.

## CHEESE DISHES.

As we produce such large quantities of cheese in this country and as just now we are asked to use cheese, particularly cottage cheese, a few ways of preparing cheese dishes will be appreciated.

Take the bits of dried cheese, grate them, not wasting a bit; this may be used as a flavor for milk toast, and a cream of cheese soup, in escalloped dishes, as sandwich fillings and in numerous ways which will occur to any thinking cook.

Cottage cheese with chopped cherries makes a most delicious sandwich filling—at least the college girls never find half enough to go round.

An omelet sprinkled with a generous spoonful or two of grated cheese will make a much more nourishing dish. Put the cheese on just as it is folded.

Cheese canapés may be served as first course at dinner or luncheon. Spread the well-seasoned cottage or cream cheese on well-buttered bread, cut in rounds or shaped in any form desired, finish with a border of finely chopped olives and a piece of pimento cut in fancy shape for the center.

Cottage cheese with boiled dressing served on lettuce is a most delicious salad combination.

**Cheese Sandwiches.**—Mix grated cheese with cream, season with chopped chives, a dash of paprika and salt to taste; spread on bread cut in rounds, put together in sandwich fashion, then brown in a bit of sweet fat until brown on both sides. Serve hot with a plain lettuce salad.

**Cheese Croquettes.**—Melt three tablespoonsful of sweet fat, add a fourth of a cupful of corn flour or barley flour, mix well and when well blended add two-thirds of a cupful of milk; cool slowly, add two well-beaten egg yolks and half a cupful of good-flavored cheese grated. As soon as the cheese is melted take from the fire, season with salt and pepper and spread out to cool. Make into balls, dip in egg white and crumbs and fry in fat.

Cream cheese with chopped Marischino cherries or with canned or candied cherries is a good combination.

**Cheese Salad.**—Grate half a pound of cheese and mix it with a boiled salad dressing, or a mayonnaise, enough to make it creamy. Put it through a potato ricer on head lettuce and serve with bits of chopped olives for a garnish. Grated paprika sugar, chopped almonds and cream make delicious sandwich filling and quite in season.

Well to suffer is divine;  
Pass the counterpane, "Endure."  
Not to him who rashly dares,  
But to him who nobly dares,  
Is the victor's garland sure.

## LET US REMEMBER.

A woman's hands should have as much care as her face, for they are fully as much in evidence. Do not use a stove-lid lifter or a stick of wood for a hammer; have a tool box in the kitchen where such things may be quickly found. Bruised nails and gouged fingers are painful and often stay with us for months.

There is no economy in using old or worn-out utensils; learn to keep up-to-date equipment in the kitchen. A workman is known by his tools.

Use small wooden spoons for stirring and avoid burns, as they never get hot in the dish over the heat.

Have a soap sasher, in which gather all pieces of unscented soap to use in the dishpan; this will be a saving of both soap and the hands.

Save steps by using a tray or a wire dish drainer in removing dishes from the dining table. One trip saved is worth the mental effort and many times the trips may be divided by ten.

When standing for any purpose, such as ironing, if a stool is not convenient to use, fold a heavy rug to stand upon. The spring under the feet will make a great difference, taking the pressure off the tired feet.

Good sharp knives, a reliable can opener and a good knife sharpener will save the temper which is often ruffled by poor tools.

A bottle of kerosene should be kept near the sink, which may be rubbed after each washing with a cloth dampened in the coal oil; this will take off soil and clean the sink much quicker than any powder or soap will do.

A roll of soft absorbent paper is invaluable in the kitchen. It may be used to wipe up spots on table or floor, or to remove waste from dishes, thus saving in the dishwashing.

When food burns on, in a dish, do not scrape it, but put a teaspoon of soda and enough cold water to cover the bottom and let it simmer for an hour or two; then if there are any obstinate spots, rub with a piece of pumice stone, which will not leave bad scratches to roughen the surface.

There are nettles everywhere.  
But smooth, green grasses are more common still;  
The blue of heaven is larger than the cloud.  
—E. B. Browning.

## FOODS WITH MIXED FLOURS.

As rye flour is now on the "don't use" list, we must not use it as a substitute for flour. In many homes where rye is still found in quantities it should be used sparingly, as it will not be plentiful as long as it is used as food for the armies. In many of our war recipes we find whole wheat flour used as a wheat substitute, which it is not. Whole wheat flour used with barley flour to lessen the use of wheat is justified, but the use of whole wheat flour as a wheat substitute is not conforming to the rules of conservation.

**Honey Drop Cakes.**—Mix a half cupful of any sweet fat with a cupful of honey; add a half cupful of sour milk, a teaspoonful of soda, a teaspoonful of cinnamon, a half teaspoonful of cloves, a half cupful of raisins, and three-fourths of a cupful each of barley and wheat flour, one beaten egg, all well mixed and baked in a moderate oven.

**Corn Flour Chocolate Cake.**—Take two ounces of grated chocolate, one-fourth of a cupful of shortening, one-half a cupful of boiling water poured over the chocolate, a cupful of sugar, one egg, well beaten, a half cupful each of corn flour and wheat flour, a half teaspoonful of soda, mixed with one-fourth of a cupful of sour milk.

**Rice Bread.**—Cook a cupful of rice in boiling water until tender, using five to six cupfuls of boiling water. The age of the rice will make a difference in the time of cooking; rice that is two or three years old taking a longer time to cook. Add two tablespoonsful of sweet fat, a tablespoonful of lard and a teaspoonful of salt to the hot rice, stir and cool; add a half cupful of home-made yeast or a yeast cake softened in three-fourths of a cupful of the rice water; add four cupfuls of flour, kneading it in gradually until it makes a very stiff dough, but the moisture in the rice will soften it so that when it rises it will be quite soft. Handle the dough quickly, shaping it into loaves and when risen bake (in three loaves) for about three-quarters of an hour.

He is happiest who hath power  
To gather wisdom from every flower,  
And wake his heart in every hour  
To pleasant gratitude.  
—Wordsworth.

## WHAT TO HAVE FOR DINNER.

With the food problems of the present day, a housekeeper must not only be a good manager but a mathematician. It is necessary to have no waste, that careful preparation for each meal be made.

**Surprise Biscuit.**—Prepare baking powder biscuit as usual with the exception of wheat flour; substitute corn flour, potato or barley. Roll the biscuit rather thin and place a spoonful of chopped seasoned meat on one, cover with another, bake until well done and serve with a brown gravy poured over each. This makes a good main dish, which will use up leftover meats.

Add a cupful of stoned chopped dates to a loaf of bread when ready for the pan.

**Date Tapioca.**—Cook in a double boiler, stirring frequently, three tablespoonsful of tapioca, three pints of milk and three-fourths of a cupful of maple syrup. When cool stir in a cupful of chopped dates, a teaspoonful of lemon juice, then bake in a well buttered baking dish.

**East Indian Meat.**—Put a pound and a half of round steak through a meat grinder, also one green pepper and onion, a cupful of bread crumbs and salt and pepper to taste. Mix well and make into a loaf. Lay in the baking pan with slices of bacon over the top, pour over a can of tomatoes and bake one and one-quarter hours. Remove the meat and thicken the sauce. Serve either hot or cold.

Nellie Maxwell

## Did She Resign?

When Bret Harte wrote "The Luck of Roaring Camp" the young woman who read proof for the Overland Monthly, the paper for which it was written, sent word to him that if anything so indecent was to appear in the paper she would resign. The wife of the owner of the magazine also felt that it was somewhat risqué. Harte was utterly unable to find anything improper in the story and delivered his ultimatum in opposition to that of the proofreader. If the story was not published he would resign. The story appeared, but did not meet with favor on the part of Californians. However, it was a great success in the East and a Boston publishing house offered to accept anything the author might send at his own terms.

## NO CALENDAR FOR 500 YEARS

Christians Reckoned Time According to Customs of Nations to Which They Belonged.

History tells us that for 500 years the Christians had no calendar of their own, but reckoned the years according to the customs of the nations to which they belonged. The Roman Christians used the "Anno Urbis Condita," or year of the founding of Rome, to count from; others counted from the reign of Diocletian, calling it "the Era of the Martyrs;" and still others used the calendar of the Copts of Egypt. In the sixth century Denis the Little, a Greek monk living in Rome, made a calendar counting from the Incarnation, the date of which he fixed at 753 A. U. C. So we commonly say that Rome was founded 753 B. C.

At the beginning of the eighth century the venerable Bede pointed out that this was an historical blunder. But no general notice was taken of his criticism and the error has continued to this day. Historic facts have enabled modern scholars to determine without much possibility of doubt, the exact year of the birth of Jesus, and to place it at what we call 5 B. C.

"It should be noted," says the great French astronomer, Camille Flammarion, "that the birth of the Savior remained totally unperceived at the time. No register of birth, no contemporary historian has bequeathed us any sacred parchment registering the event."

Moreover, although we are actually approaching the year 1923 A. D., there is little probability that our calendar will ever be reformed to show the fact. The confusion of dates that would result from a substitution of the more accurate designation would be too great to make such meticulousness worth while.—Cleveland Plain-Dealer.

## FERRY ACROSS THE CHANNEL

Freight Cars Are Carried for the First Time in History From England to France.

For the first time in the history of railroading a train ferry has crossed the English channel from Newhaven, England, to Dieppe, France, carrying about fifty cars, says Popular Mechanics Magazine. Since early in the war thousands of British railway cars have been employed in France in transporting troops and supplies, but they have all been transferred to the continent by freighters. The inauguration of ferry service indicates that the difficulties created by very pronounced tides have been overcome at last to the mutual advantage of these two allies. At Dieppe the water level varies as much as 31 feet. To overcome this, short bridges, attached at one end to the dock and resting on large floats, are employed. During the day the boats and dock pier as well as the two smokestacks are located one at either side of the craft, leaving space for tracks down the center of the deck.

## Tragedy of French Trees.

Broken homes, ruined factories, shattered churches, violated graves, it had seemed to me we had rung all the changes on the destruction of war. But there remained one—the tragedy of the trees—says a writer in McClure's Magazine. You can rebuild houses, churches, towns even—for that takes only money. But you can't rebuild orchards of fruit trees and avenues of great shade trees—for that takes time. We were seeing them everywhere now—orchards with trees that were but faded, shriveled branches of brown leaves lying on their sides; orchards, where these had been cleared away, that showed nothing but white-topped stumps. They say that when the warm spring came, some of these orchard trees, lying on their sides but not wholly severed, leafed gently and then—just before they died—bloomed once again for France.

## Years of Experience.

Years of experience and preparation are necessary for the accomplishment of certain kinds of results, for participation in certain lines of activity. This was never more true than today. Business men, professional men, the well-equipped man in the average walks of life, are being called upon to show and to give all that is best in them. The very years of the passing of which they may have regretted have equipped thousands of men and women to do excellently well important tasks which have arisen out of the emergencies of the nation's peril.—The Three Partners.

## Clams by the Square Mile.

Any new source of food supply is important in these days, and the government fisheries bureau is greatly delighted at the discovery of the vast and hitherto unknown beds of clams off the coast of central Alaska, not far from Cordova. One bed is 60 miles long and from three to five miles wide.

The clams are quite different from those common in our Eastern markets. They are "razor clams"—a kind of bivalve that derives its name, appropriately descriptive, from its likeness in shape to a razor.

## His Long Life Assured.

"Your cobra is quite a card," said the visitor at the circus.  
"Yes, sir."  
"But where are you going to get another cobra in this country in case that one dies?"  
"Well, I expect this one to last a long time," responded the performer.  
"As you see, he leads a charmed life."  
—The People's Home Journal.

## From Our Soldiers' Graves.

At present, in the case of American soldiers who die in France, a cross marks the grave. At the transverse of the cross stands a metal shield with a design in low relief revealing a youth with broken sword, his face lifted to heaven. Round the shield runs the inscription: "He died to keep men free." Underneath are his name and regimental status. It is the intention of the Red Cross to remit this shield of glory to his relatives after the war, when some permanent form of remembrance shall have been devised by the war department.—Elizabeth Frazer, in the Saturday Evening Post.

## WOMEN SUFFERERS MAY NEED SWAMP-ROOT

Thousands upon thousands of women have kidney and bladder trouble and never suspect it.

Women's complaints often prove to be nothing else but kidney trouble, or the result of kidney or bladder disease.

If the kidneys are not in a healthy condition, they may cause the other organs to become diseased.

Pain in the back, headache, loss of ambition, nervousness, are often times symptoms of kidney trouble.

Don't delay starting treatment. Dr. Kilmer's Swamp-Root, a physician's prescription, obtained at any drug store, may be just the remedy needed to overcome such conditions.

Get a medium or large size bottle immediately from any drug store.

However, if you wish first to test this great preparation send ten cents to Dr. Kilmer & Co., Binghamton, N. Y., for a sample bottle. When writing be sure and mention this paper.—Ad.

## No Eats in Heaven.

Eugene, aged five, having been on a strict diet for a week, asked one night after getting in bed: "Mother, do they have places where you can get things to eat in heaven?"

She shook her head. "No, Eugene, there are no restaurants in heaven; people do not have to eat there."

"Not even milk toast?"

"No," she answered.

Drawing a long sigh, Eugene said: "I hope I don't have to die tonight—I'd hate to go to heaven as hungry as I am."

Why buy many bottles of other Vermifuges, when one bottle of Dr. Perry's "Dead Shot" will act surely and promptly? Adv.

## Anybody Can.

"I wonder how they can afford an auto?"

"Have they an auto?"

"They have an auto."

"Well, anybody can afford an auto that can get possession of an auto."

## Important to Mothers.

Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it bears the signature of *Dr. J. C. Fletcher* in Use for Over 30 Years. Children Cry for Fletcher's Castoria

## True Merit Revealed.

"Don't you admire some of the German poets?"  
"Yes," replied the uncompromising man, "after they are translated into English."

## Cuticura for Sore Hands.

Soak hands on retiring in the hot suds of Cuticura Soap, dry and rub in Cuticura Ointment. Remove surplus Ointment with soft tissue paper. For free samples address, "Cuticura, Dept. X, Boston." At druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

## Not Worried.

"Why don't you mix in?"  
"Those people," said the aloof one, "are nobodies."  
"Maybe so, but when enough nobodies get together they manage to have a pretty good time."

The St. Louis woman's ride squad has been organized by 100 society women and girls of that city.



## Such Flavory Sliced Beef!

THE tenderness of Libby's Sliced Dried Beef, will delight you—but you will find the greatest difference in the flavor!

Have Libby's Sliced Beef with creamed sauce today. See how much more tender, more delicate it is than any other you have ever tried.


Libby, McNeill & Libby, Chicago



A man may know a dollar at sight and still not know its value.

Many a fluent talker never says the right thing at the right time.

Same Type.  
Mrs. Jackson—Dat baby ob you's an de puffec' image ob his daddy.  
Mrs. Johnsons—He suah am. He am a reglar carbon copy.—Judge.



## Why Swift & Company Has Grown

The fact that a business organization has grown steadily for forty years proves that it has kept continually meeting a vital business demand.

It must have kept "fit" or it could not have stood the strain of ever-shifting conditions.

Swift & Company has been trained in the school of experience.

Every day of its forty years of service has solved some new problem of value to its customers.

Every year has proved its ability to learn by experience, and to use this knowledge for the benefit of those with whom it deals.

Swift & Company, U. S. A.

## Middle Aged Women

Are Here Told the Best Remedy for Their Troubles.

Fremont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GORDON, 925 Napoleon St., Fremont, Ohio.

North Haven, Conn.—"Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms."—Mrs. FLORENCE ISABELLA, Box 197, North Haven, Conn.

## In Such Cases

# LYDIA E. PINKHAM'S VEGETABLE COMPOUND

has the greatest record for the greatest good

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.